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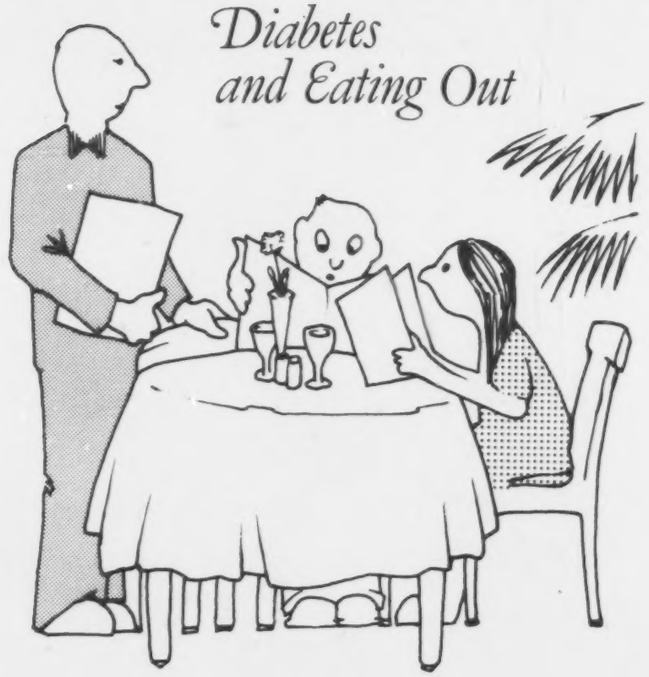
Diabetes and Eating Out



Patient Education Program
Seattle, VA Medical Center
Room 155, Building 24
Open 10 to 3, Mon.- Fri.

VA1.2:

DIABETES AND EATING OUT

Is eating out sometimes a problem for you? Do you hate to leave food on your plate, but know you aren't supposed to overeat or eat some foods at all? Do menus confuse you? What is high fat? High sugar?

Hopefully some of the ideas and suggestions in this pamphlet will help you with your diet and eating out. You will NOT find all the information you need to know about your diabetic diet in this pamphlet. It does have some tips that may help you decide what to order in a restaurant. You can ask your dietitian or doctor other questions that you may have.

Many adults who learn they have diabetes are over-weight. An important part of the treatment for these people is to reach their ideal or best weight. Often this means they should lose some weight, but eating out can make it harder to lose. Eating fewer foods with fat and sugar will help you lose weight.

THE MENU

The most important things to remember about menus are the following:

1. No concentrated sugars (foods that are very sweet) like pie, cookies, soft drinks, cakes, custard, canned fruit in syrup, or rice puddings.

2. Keep the calories down. Try not to eat too much of high fat foods like gravy, sauces, butter, margarine, deep fried foods, cream, or pastries.

BREAKFAST IN A RESTAURANT

#1
Juice or fresh fruit
Cereal (cooked or dry)
Sugar substitute
Low fat milk
Toast with margarine
Coffee

#2
Bacon, ham or sausage
Scrambled eggs
Toast and/or hash browns
Fruit or juice
Coffee (Black or with sugar substitute)

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Breakfast **#1** is best for a diabetic diet. It is lower in fat and calories.

An omelet or egg dish will add extra protein (and calories).

Breakfast **#2** with meat adds extra fat and calories. Potatoes cooked as hash browns are very high in calories.

REMEMBER: Don't.....use jam or jelly
Don't.....add sugar to coffee
Don't.....use fruit sweetened with sugar

LUNCH AND DINNER MENUS

A typical lunch or dinner menu that you might see in a restaurant is as follows:

Meat dish	Casserole (such as chicken & noodles or spaghetti)
Potatoes and gravy	Vegetable
Vegetable	Roll & butter
Dessert	Dessert
Beverage	Beverage

Suggestions for changing the menu to stay within your diet:

*Cut out the gravy to lower the amount of fat
*Use only a small pat of margarine on potatoes or vegetables
*Have only a small serving of sherbet or fresh fruit for dessert
*Ask the restaurant to substitute extra vegetables, salad or fresh fruit for the sweet dessert.
*Do not overeat. If the restaurant gives you too much food, take it home for later, leave it or give it to a friend.

DON'T EAT MORE THAN YOU WANT OR NEED!!!

FAST FOOD RESTAURANTS: Drive-in and pick up food

Often you can eat food there or take it with you. These are things like "Hamburgers, french fries, fried chicken, fish & chips, milkshakes, soft drinks, tacos, and pizza."

These are the kinds of things you will find at fast food restaurants.

Cheeseburgers, fried chicken, pizza, etc. have a lot of fat in them. It is not a good idea to eat these every day because they are very high in calories.

If you are eating foods that are higher in calories, order less than usual, or share part of the meal with a friend, or leave some of the food behind.

Food choices that are somewhat lower in calories are as follows:

Plain hamburger
Plain hot dog
Taco
Tostada
Meat and lettuce burrito
Chowder

Onion, lettuce, tomato, pickles, ketchup, and mustard may be added freely.

FRIENDS AND TEMPTATION

"Just one drink!" "Just one bite"

We are taught since early times to cook for and feed people that we care about. When visiting others, or eating out, people will sometimes want you to eat and drink food or beverages that are not on your diet.

What is easier for you? **NO!! NO!! NO!!**

Practice saying,

"No thanks, I'm on a special diet...counting calories."

"My doctor said 'no desserts'."

"It would be hard on my health to eat that candy. Thanks anyway"

What else could you say or do.....?

It's up to you to learn to say, "Thanks, but no thanks!" your own way. If you are firm and stick to your guns (as well as your diet) others will soon learn that your diet is an important part of your life.

IN CONCLUSION

At first it may seem difficult to eat out **AND** stay on your diabetic diet. Review the information in this pamphlet.

Ask questions of the dietitian or doctor at your hospital or clinic.

Call the American Diabetes Association with other questions or for more information (624-5240).

As you gain experience eating out, as you practice saying YES to foods on your diet and NO to foods not on your diet, it will become easier. Your confidence will increase as you practice good eating habits.

Good luck with your meal planning. Enjoy eating out.